



## SWIFT PRACTICAL TRAINING

### Training Outline

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#### PURPOSE

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The 4,5 days long training is designed to prepare the participants for interventions in case of floods in the area of South East Europe. The objective is to increase the awareness of the international disaster operations and the role of the team members in a mission cycle of intervention, introduction of water rescue equipment including its safe and effective use. Training will enhance their teamwork capability in floods response as well as how to read the water.

Participants will spend time practicing self-rescue techniques and performing in-water rescues as part of a rescue team, boat and pathway handling, rope rescue techniques and consideration of still water and unstable ground hazards such as mud and ice. Training will provide opportunity to discuss experiences from real interventions, in particular those where special expertise was required and/or used.

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#### OBJECTIVES

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1. To prepare team members of national units for flood response operations in the South East Europe region;
2. To establish effective regional cooperation and coordination of the preparedness activities in the region of South Eastern Europe in case of major floods;
3. To enhance the participants' knowledge about international disaster response operations;
4. To increase the participants' knowledge of and capabilities in using water rescue and rope rescue techniques, related tools, equipment, tactics and tactical problem solving;
5. To build a network among the participating teams by sharing experiences, existing know-how and through practice of team building.

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#### TARGET AUDIENCE

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The training targets nominated members of intervention teams from SEE in case of floods (two to three national teams per course), who are expected to:

- have background in national flood response operations and basic knowledge of water rescuer tasks
- have basic knowledge of water rescue techniques, tactics, tools and equipment
- are able to work in the team
- have basic knowledge of English

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#### PERSONAL EQUIPMENT FOR TRAINING

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All Teams must bring with them personal protective equipment provided by the JERU project + First Aid Kit. Each national team should provide minimum one boat (ideally two boats per national team) to be used during the training. If a national team cannot bring their boats for the training, one rescue boat could be provided by the host country.

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## METHODOLOGY AND TRAINING MODEL

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The training combines theory and practical sessions/exercises. Practical sessions offer an opportunity for the participants to get a taste of a “realistic” experience and to apply theoretical knowledge to water rescue operations. The course language is English, therefore all lessons, practical work and exercise will be conducted in English only. Course can be run on one of the languages of DPPI SEE countries only if is attended by members from countries that understand that particular language.

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## TRAINING STRUCTURE

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Day 1	Day 2	Day 3	Day 4	Day 5
<b>Block 1</b>	<b>Block 3</b>	<b>Block 5</b>	<b>Block 7</b>	<b>Block 9</b>
1.Course Welcome and Introduction 2. DPPI SEE – JERU Project 3.International Environment – Floods response 4. Hydrodynamics 5. Swift water equipment	7. Swift water techniques and tactics (part I) 8. Team organization and command chain 9. Safety and Security	11.Swift water techniques and tactics (part II) 12. Swift water techniques – practical (part II)	14. Swift water techniques – practical (part IV)	16. Evaluation and next steps 17. Course Closure
<b>Block 2</b>	<b>Block 4</b>	<b>Block 6</b>	<b>Block 8</b>	<b>Departure of participants</b>
6.Water awareness - practical	10. Swift water techniques – practical (part I cont.)	13 Swift water techniques – practical (part III)	15. Practical exercise	

### Training personnel:

- 1 training coordinator
- 2 training coordinators assistants
- 9 trainers/facilitators (host country, other DPPI SEE member countries, EU)

**Location:** DPPI SEE Member Country

**Date:** TBD 2017

**Timetable:** Morning session from 8:30 to 12:30h and afternoon session from 13:30 to 17:30h  
4-hour blocks (210 minutes working part and 30 minutes breaks)



## **CURRICULUM TOPICS**

### **0. Team building (60 minutes – night of the arrival day)**

- Team dynamics
- Joint welcome drink and dinner

### **1. Course Welcome and Introduction (45 minutes)**

- Welcome by host country
- Introduction of the participants and facilitators
- Training objectives and agenda
- Admin and organizational info

### **2. DPPI SEE – JERU Project (30 minutes)**

- Brief info on DPPI SEE
- Project objectives, methodology and approach
- Project management
- Training and equipment

### **3. International Environment – Floods response (45 minutes)**

- International Flood Response
- International Coordination tools
- Community CP Mechanism - Module systems

### **4. Hydrodynamics (45 minutes)**

- Rules of hydrodynamics,
- Water characteristics
- Types of water/floods,
- Levels of difficulties.

### **5. Swift water equipment (45 minutes)**

- Personal protective equipment for water rescue
- Ensuring safety, while maintaining rescuer safety

### **6. Water awareness practical - part I (210 minutes)**

- Swimming basics
- Swimming rescue techniques in different water type

- Assessment of situation

#### **7. Swift water techniques and tactics - part I (75 minutes)**

- Swimming basics
- Swimming rescue techniques
- Assessment of situation
- Drawing process
- Swift water communications procedures
- Communication signs

#### **8. Safety and Security (90 minutes)**

- Personal safety (health, hygiene, food, water etc)
- Threat and risk (perception)
- Implementation of safety (and security) procedures
- Basic live support
- Basic live support equipment

#### **9. Team organization and command chain (45 minutes)**

- Planning and preparing for operation
- ICS/SMEAC
- Area of operations - sectorization
- Disaster response coordination mechanism
- Practical examples

#### **10. Swift water techniques – practical – part I (210 minutes)**

- Reach and throw operational techniques
- Assessment of situation

#### **11. Swift water techniques and tactics - part II (45 minutes)**

- Swimming basics
- Swimming rescue techniques
- Assessment of situation
- Drawing process
- Swift water communications procedures
- Communication signs

#### **12. Swift water techniques – practical – part II (165 minutes)**

- Reach and throw operational techniques
- Assessment of situation



- Advanced swimming techniques
- Contact rescue operations
- Assessment of situation

### **13. Swift water techniques – practical – part III (210 minutes)**

- Reach and throw operational techniques
- Assessment of situation
- Advanced swimming techniques
- Contact rescue operations
- Assessment of situation

### **14. Swift water techniques – practical – part IV (120 minutes)**

- Reach and throw operational techniques
- Assessment of situation
- Advanced swimming techniques
- Contact rescue operations
- Assessment of situation

### **15. Practical exercise (300 minutes)**

- Command and control & assessment
- Operation planning
- Rescuing from rocks and vehicles in water
- Contact rescue
- Search and rescue operations
- Collecting vehicles

### **16. Evaluation and next steps (30 minutes)**

- Training evaluation questionnaire

### **17. Course Closure (30 minutes)**

- Diplomas delivery
- Next steps